More facts on keeping food

By SHIRLEY W. WALTON
Extension Agent

Good News For Homemakers

HOME ECONOMICS

This is Part II of a three-part article on food preservation questions and answers. Some of them are frequently asked and some are unusual. Please read carefully and you may wish to clip this article and insert it in your canning booklet for further help.

Q. Last year's corn looked beautiful when it was canned. Now the corn has turned brown just a few months after. What has happened?

A. There are three possible causes of browning: 1) Corn that is too mature; 2) Corn that is processed at too high a temperature in the pressure canner; 3) Corn that is canned with too little liquid. For best results when canning any fruit or vegetable, always use fresh, young produce and process as quickly as possible.

Q. Each year when I can fruit some of the fruit floats. Why?

A. There are several reasons why fruit will float: 1) Using overripe fruit; 2) Packing fruit too loosely in the jar; 3) Preparing too heavy a syrup; 4) Processing too long; 5) Processing at too high a temperature.

Q. Why do vegetables loose liquid during processing?

A. We get this question at the Extension Office each year, and there are several reasons. They are: 1) Packing food too tight in a jar; 2) Filling jars too full. (Non-starchy vegetables should be packed to within 1/2 inch of the ceiling edge. Starchy vegetables should be packed to within 1-1/2 inches of the ceiling edge. The liquids for all vegetables should be 1/2 inch of the ceiling edge.); 3) Too high pressure in the canner; 4) Fluctuation in the pressure (letting it go up and down); 5) Sudden lowering of pressure; 6) Leakage of steam from the pressure canner during processing and 7) Opening the petcock before the gauge returns to zero.

Q. Why do I loose liquid when processing fruits?

A. The main reason why fruits loose liquid is the jars are packed too full. When doing a cold pack (fruit packed raw in a jar), fruit should be put in a jar to within 1/2 inch the ceiling edge, the syrup to within 1-1/2 inches of the ceiling edge, because, remember, the fruit will make some of its own syrup. When doing hot pack (where the fruit is precooked), the fruit and the syrup should be put in the jar to within 1/2 inch of the ceiling edge. This should solve the problem.

Q. Why does fruit turn dark?

A. There are several reasons why fruit may turn dark. They are: 1) Fruit not processed long enough; 2) Processing temperature not high enough; 3) The time not counted accurately (Do not start counting time until the water is in a rolling boil.); 4) Boiling water level not one inch above the cap of jar during processing; 5) Packing fruits raw that should be precooked. It is suggested that fruits such as pears and apples be precooked before being packed into jars.

If you have a food preservation question or problem, you may call the Appomattox Extension Office at 352-8244 or write P. O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

A REMINDER: Remember, if you would like your pressure canner gauge tested (dial gauge only), you may bring it by the Extension Office any time during the week. We will be delighted to test it for you at no cost.

Have a good week!

RECIPE OF THE WEEK
Dump Cake

1 -8-oz. can crushed pineapple
1can coconut (7 oz.)
1 can cherry pie filling
1 box yellow cake mix
2 sticks margarine

Pour crushed pineapple into baking dish. Pour can of coconut on top of this. To this, add one can of cherry pie filling. Then add box of yellow cake mix. Do not mix. Dump and spread evenly around baking dish. Cut up sticks of margarine over other ingredients. Top with pecans. Cook for 1 hour at 325 degrees.

MEMORIAL FLAG RAISED: In a brief ceremony Sunday, July 15, the family of deceased American Legion member, James Earl Lane, presented the flag given to them at his interment to Dennis E. Gregg, Commander, Post 104, Appomattox, requesting that it be raised on his birthday and continue to fly as needed. Four generations represented by (front row) grandsons, Eric, Billy, and Benji, (back row) daughters, Karen and Sarah, mother, Sallie and widow, Warna Lane, were present when Commander Gregg accepted the flag and raised it to honor Earl Lane. Other families who have 10 star flags received when their relatives were injured, may contact Commander Gregg or other American Legion members to have their flag flown over the American Legion Post Home in Appomattox.

At William and Mary

Wooding enrolls in program

Sixty black Virginia high school seniors are enrolled in the College of William and Mary's Summer Transition and Enrichment program (STEP), which opened Saturday, July 7, and will run through Friday, Aug. 3.

Enrolled from the Appomattox area is J. Ann Elizabeth Wooding of Concord.

Offered as a service to black high school students who have completed their junior year of high school, STEP gives participants an opportunity to preview aspects of college life.

Although students are under no obligation to enroll at William and Mary, STEP serves as an excellent recruiting tool, and many students do choose to pursue their undergraduate studies at the College, says Carroll F. Hardy, associate dean of students and director of the Office of Minority Affairs. She is also director of STEP.

This year's enrollment in STEP, says Dean Hardy, is reflective of the College's efforts at recruitment in small, rural communities throughout the state. She would like, however, to see more men participate in STEP. "Competition for males is keen because there are so many sports camps and other summer programs," she adds.

Established in 1979, STEP was designed to assist black incoming freshmen with the transition from high school to college. When the state began funding the Virginia Student Transition Program (VSTP) for high school graduates in 1983, the focus of STEP was changed.

STEP includes two specially designed courses at the university level in writing and calculus. A series of workshops on study skills is also offered.

Career seminars have been planned to bring students into contact with black role models, including several graduates of William and Mary, in a variety of fields.

Two Williamsburg-area family practice physicians, Drs. G. Dwight Malone and Richard Honablue, will begin the series on July 12.

A session on careers in law will include Sharon Coles, a graduate of the Marshall-Wythe School of Law at William and Mary and a member of the college's Board of Visitors; State Senator Robert Scott of Newport News; and attorney Wilford Taylor, also a Marshall-Wythe School of Law alumnus and a member of the Community Action Board.

John Brown, director of COGME in Cambridge, Mass., a consortium for graduate management education programs in business, at the master's level, will introduce a seminar on careers in business. Speakers will include Julian White on accounting and Michael Strayhorn on banking. Both are 1983 graduates of William and Mary.

Mezzo-soprano Dr. JoAnn Lanier will present a musical workshop highlighting black gospel music.

Catherine Harris and Alvita Ewell fo WVEC-TV, channel 13, and Eric Reynolds of WAVY-TV, channel 10, will talk about careers in television as part of a seminar on communications.

Nettie Faulcon, an engineer with NASA, will talk to students about careers in engineering, and Michelle Morrow, the first black woman to be elected to membership in Phi Beta Kappa at William and Mary, will discuss computer careers. She is currently a computer analyst with General Electric Corporation in Portsmouth.

Seminars in psychology, social work and education are also planned for STEP participants.

Out-of-class activities will include an opportunity to talk informally with cast members following a performance of "Hamlet" by the Virginia Shakespeare Festival.

Club plans ice cream supper

The Oakville Extension Homemakers Club will have an ice cream supper July 21 at 7 p.m. at the old Oakville School.

Members and their families are urged to attend.

Rocks news

By CASSIE BALDWIN

We're thankful for the nice rain on Wednesday night. It was very stormy.

Lucile Maxwell returned home from the hospital Sunday, July 8, much improved.

A speedy recovery is wished Doug Maxwell, who has had surgery recently.

Get-well wishes go out to Glenn Cole, who entered Lynchburg General Hospital recently.

Mr. and Mrs. Kyle Almond and daughter spent last weekend with his parents, Mr. and Mrs. Wilson Almond, of Appomattox. They attended the worship service at Rocks last Sunday.

A number of people from Rocks went to New Hope Church last Sunday night for the musical program there.

Sympathy goes out to the Williamson family and others in the death of their loved one. A large crowd attended the funeral Monday, July 9.

A large group of people attended the service last Sunday night at Liberty Baptist Church. Rocks was Liberty's "Mother Church."

A speedy recovery is wished David Paulette, who entered Lynchburg General Hospital Tuesday.

Irma Mae Coffin is home from the hospital. She will return for a check-up in two weeks.

The Pamplin cannery started operating on Wednesday, July 11 in place of on Monday.

Get-well wishes go out to Michael Richardson, who was hurt playing ball Thursday night.

David Paulette has been moved to Virginia Baptist Hospital for further treatments.

Many people here have returned from vacations and reported wonderful times.

Get-well wishes go out to Henry Earl Covington.

Get-well wishes go out to Mrs. Hoffman. May she soon be feeling much better.

The nominating committee met with Helen Inge on Thursday night.

Glad to hear Wiley Richardson continues to improve.

Sympathy goes out to the Franklin family at Prospect, who lost a loved one recently.

Mrs. Ada Lucado is doing much better since she returned home. She has someone staying with her.

Mr. and Mrs. Mark Hipps have returned home from a nice vacation trip.

Get-well wishes go out to Bertha Shelton, who is still in the hospital.

Farmers are still saving wheat, and performing all the chores they must do.

The ladies are trying to save their gardens. They keep very busy. Ground hogs and coons are working on them.

The Executive Committee of the Appomattox Association met at Providence Baptist Church Tuesday night, July 10.

The Rev. Omar Burnette will be guest speaker at Maple Grove Baptist Church in Gladstone during the church revival this week. Services will continue through Saturday, at 8 each night.

Bowmann to teach L.C. course

Tom Bowmann, principal of Appomattox Elementary School, will be instructor of a course dealing with gifted children at Lynchburg College this summer.

The course, "Education 594: The Gifted Child" will run July 23 through Aug. 10. It is designed to assist administrators, teachers and parents in understanding the nature and nurture of gifted children.

The course will include discussions on the biological and environmental aspects of giftedness, creativity, characteristics, identification, program models, curriculum and counseling. Teaching strategies and practical classroom aids will be developed that reflect the needs of gifted learners.

For additional information about the course, contact Lynchburg College Graduate Admissions at 522-8381.

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IRS answers questions

More than 1 million Virginians have received refund checks from their 1983 Federal income tax returns.

However, some Virginians who expected Federal tax refunds this year may find that the check is not in the mail or it is different than the amount they were expecting. Several situations can cause detours of an individual's refund check after the tax return is filed, the Internal Revenue Service said.

When a person files a Federal tax return for 1983, the return is processed to the individual's account at the Internal Revenue Service Center in Memphis. If any back taxes are owed from prior years, the 1983 refund will be credited to those taxes. This will happen even for a bill that may have been marked "not collectible" several years earlier.

A refund check for personal taxes may also be credited or offset against business taxes owed by the same taxpayer through cross-referencing of accounts. Some taxpayers may have their refund checks redirected to cover outstanding child support payments due in states that have asked the Department of Health and Human Services to help collect these delinquent payments.

Refunds from one year's taxes may also be applied to estimated taxes for the following year.

However, not all persons who fail to receive an expected refund check will find that their money has gone to pay other bills. Some refunds are adjusted to reflect the correct amount of tax owed.

For instance, if an error is discovered on a particular item on an individual's tax return or a credit had been figured incorrectly, the IRS will make an adjustment to the return and send a notice to the taxpayer.

While most people anticipate a refund of Federal taxes, for refunds are not automatic. If a refund is due, it usually takes ten weeks from receipt of the tax return for IRS to issue the refund. Individuals should wait that long before inquiring about their refunds.

Finally, to ensure receipt of a refund check, it is important to notify IRS of a move after filing the tax return. Some refunds are returned as undeliverable because a taxpayer does not file a change of address or leave a forwarding address. Returned checks are credited to the taxpayer's account.

Individuals who have additional questions about their tax refunds can call IRS at 1-800-424-1040.

THE APPOMATTOX ELEMENTARY School library is filled with books and students! Yes students! The Elementary School library is open this summer each Friday until August 11 from 9 a.m. to noon. Everyone is invited to come in and select an adventure. Above are Cathy and Valerie Tolbert getting ready for some summer fun with books.

McCoy, Notestein honored

Michael A. Mc Coy and David Lee Notestein of Appomattox have received a Marshall Hahn Merit Scholarship to attend Virginia Tech's College of Engineering.

The awards were given to a select 313 members of next year's freshman class, representing 23 different states. These students ranked in the top 5 percent of their high school class, scored an average of 1080 on their Scholastic Aptitude Tests (SATs), and participated in quality extracurricular activities, said Pamela Kurstedt, assistant dean, enrichment programs, college of engineering.

A significant bequest from John Lee Pratt, a former executive of General Motors, allowed the establishment of the Hahn scholarship program, named in honor of the University's twelfth president, T. Marshall Hahn.

The objective of the scholarship program is to "reward meritorious high school achievement and to acknowledge potential for engineering study at Tech, Kurstedt said.

Tammy Davis assigned

Airman Tammy G. Davis, daughter of Diane L. and Richard E. Davis of Rural Route 4, Appomattox, Va., has been assigned to Lowry Air Force Base, Colo., after completing Air Force basic training.

During the six weeks at Lackland Air Force Base, Texas, the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen, who complete basic training earn credits toward an associate degree in applied science through the Community College of the Air Force.

The airman will now receive specialized instruction in the munitions and weapons maintenance field.

Read The Times-Virginian

Emergency job training act

VA helping with jobs

The Veterans Administration Regional Office, Roanoke, has issued 1,400 Certificates of Eligibility for Virginia veterans to participate in the Emergency Veterans Job Training Act program.

The program will fund payment to employers for 50 percent of the starting hourly wages of veterans and up to $10,000 for each individual trained may be provided for a maximum of 15 months of training certain veterans with service-connected disabilities and up to 9 months of training for other veterans.

To be eligible for participation, a veteran must have been employed for at least 15 of the 20 weeks immediately preceding the date of his or her application.

Eligible veterans will receive a Certificate of Eligibility by the VA to be presented to an employer offering a job training program that meets specified requirements. The certificate will be good for 60 days and may be renewed.

Applications may be obtained from the VA Regional Office, Roanoke, or a local office of the Virginia Employment Commission.

For further information contact the Veterans Employment Representative at the local office of the VEC or call the Veterans Administration.

From Virginia Tech

Six receive degrees

Six area graduates received degrees from Virginia Tech at commencement exercises on June 9.

Linda R. Cowan received a Bachelor of Science in accounting.

Robert A. Fitzgerald Jr., received a Bachelor of Science in mechanical engineering.

Allison G. Johnson received a Bachelor of Science in civil engineering.

Timothy J. Marshall received a Bachelor of Science in management.

David M. Stratton received a Bachelor of Science in agricultural economics.

Sharon L. White received a Bachelor of Science in management.

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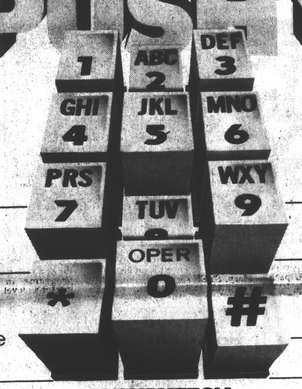

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